# White Caps '84

## "The Nurse"

The world grows better, year by year
Because some nurse in her little sphere
Puts on her apron and smiles and sings,
And keeps on doing the same old things,
Taking the temperatures, giving the pills
To remedy mankind's numerous ills,
Feeding the baby, answering the bells,
Being polite with a heart that rebels.
Longing for home, and all the while
Wearing the same professional smile,
Blessing the newborn babe's first breath
Closing the eyes that are still in death.

Taking the blame for many mistakes,
Oh dear! What a lot of patience it takes:
Going off duty at seven o'clock,
Tired, discouraged, and ready to drop,
But called back on special at seven fifteen
With woe in her heart which must not be seen,
Morning and evening, noon and night,
Just doing it over and hoping it's right.
When we lay down our caps and cross the bar,
Oh Lord, will you give us just one little star
To wear in our crowns with the uniform new
In that city above, where the head nurse is You?

Anonymous

# 1984

# CLASS OF 1984

NORTHAMPTON-ACCOMACK COUNTY SCHOOLS
NORTHAMPTON-ACCOMACK MEMORIAL HOSPITAL
SCHOOL OF PRACTICAL NURSING
NASSAWADOX, VA

# DEDICATION to the FACULTY

Mrs. Guy
Mrs. Holland
Miss Peirson

In dedication to the three people who helped us to fulfill our dreams. It's been a long year and with their help we have overcome the obstacles in our way. Their guidance has left many impressions in our lives that will be remembered throughout our careers. All that we can say now is, thanks for believing in us.

Mrs. Georgia M. Guy, R.N.
Director

Mrs. Margaret M. Holland, R.N.
Instructor

Miss Ellen Jean Peirson, R.N.
Instructor

Mrs. Myra D. Duer
Secretary

Mrs. Eva L. Johnson
Housekeeper

Mrs.Carolyn Gregory (Pinky)
Housemother

Mrs. Edna Helms
Housemother

# ADMINISTRATION

1

2

3

4

5

Clockwise from top left:

1. Mr. William Downing
   Administrator of N.A.M. Hospital
2. Mr. George Young
   Superintendent of Northampton County Schools
3. Mr. Phillip Tankard
   Superintendent of Accomac County Schools
4. Mrs. Frances Underhill, R.N.
   Nursing Supervisor
5. Mrs. Frances Turner, R.N.
   Nursing Supervisor

# HOSPITAL PERSONNEL

Mrs. J. Renwick, R.N.
2nd Floor Head Nurse

Mrs. J. Wilson, R.N.
3rd Floor Head Nurse

Mrs. G. McIntyre, R.N.
4th Floor Head Nurse

Mrs. S. Ruffin, R.N.
Maternity Head Nurse

Mrs. M. Pase, R.N.
E.R. Head Nurse

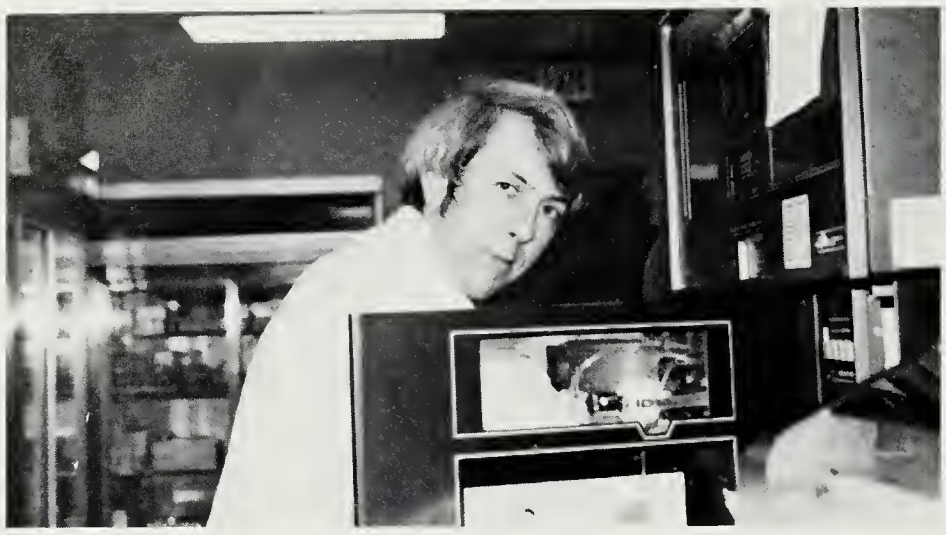
Mrs. N. Smith, R.N.
Inhalation Therapy

Mrs. D. Hickman, R.N.
Recovery Room Head Nurse

Mrs. M. Hastings, R.N.
O.R. Head Nurse

Mrs. M. Clements, R.N.
I.C.U. Head Nurse

# HOSPITAL



Mr. C. Alter
Laboratory

Mrs. M. Jester
Director of Volunteers

Mr. E. Rudiger
Laundry, Security, & Housekeeping

Mrs. B. Johnson
Social Services

Mr. R. Kerns
Controller

Mr. A. Clayton
Maintenance

Mrs. L. Johnson
Medical Records

Mr. G. Dolmovich
Dietary Department

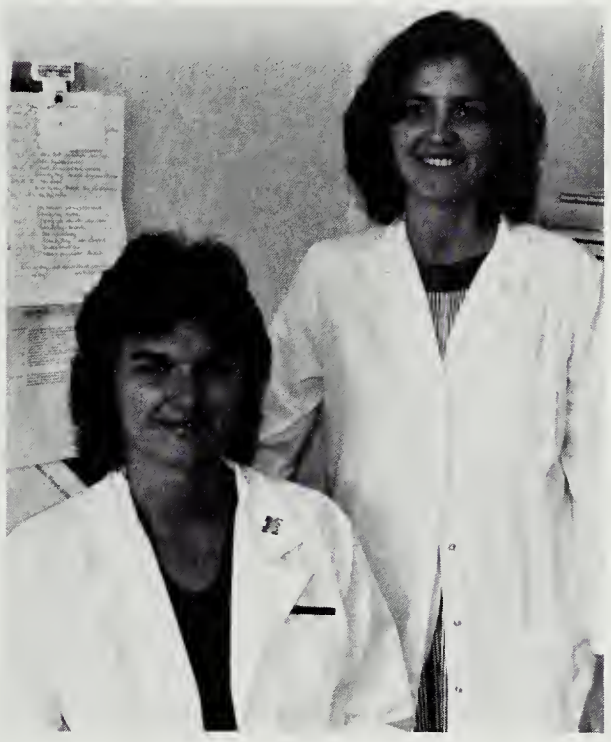
# PERSONNEL

Mrs. M. Castagna, R.N.
Nurse Epidemiologist

Mrs. V. Arnold
Assistant to the Administrator

Mr. R. Ouellette
Physical Therapy

Mrs. D. Killmon
Purchasing



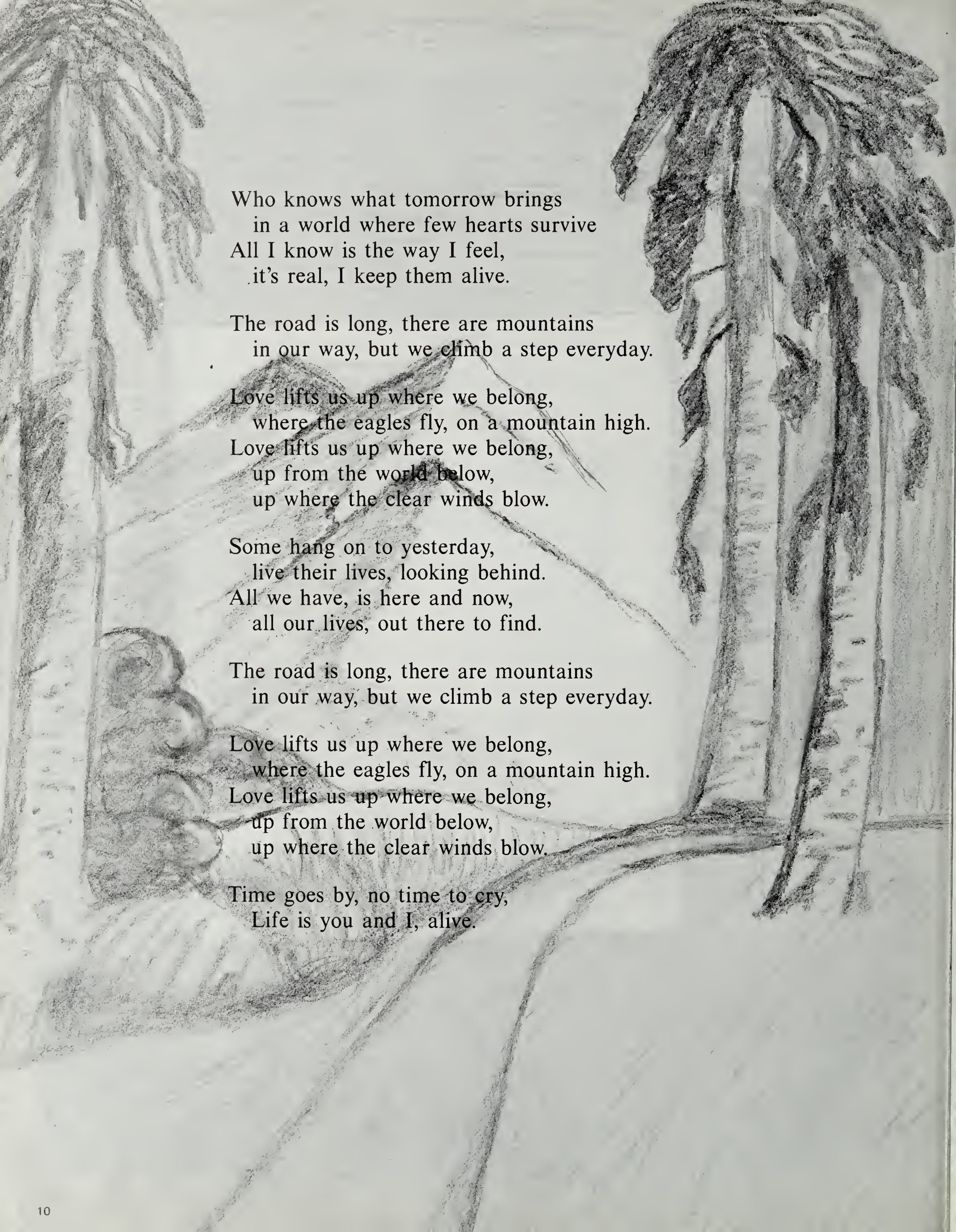
Mrs. B. Lewis, R.N.
Mrs. P. Melson, R.N.
In-Service Education

Mrs. C. Arnold
X-ray

Mr. T. Rayfield
Pharmacy

Mr. J. Johnson
Business Office

Mr. L. Gray
Graphic Arts



Who knows what tomorrow brings
in a world where few hearts survive
All I know is the way I feel,
it's real, I keep them alive.

The road is long, there are mountains
in our way, but we climb a step everyday.

Love lifts us up where we belong,
where the eagles fly, on a mountain high.
Love lifts us up where we belong,
up from the world below,
up where the clear winds blow.

Some hang on to yesterday,
live their lives, looking behind.
All we have, is here and now,
all our lives, out there to find.

The road is long, there are mountains
in our way, but we climb a step everyday.

Love lifts us up where we belong,
where the eagles fly, on a mountain high.
Love lifts us up where we belong,
up from the world below,
up where the clear winds blow.

Time goes by, no time to cry,
Life is you and I, alive.

Bobbie Jo Allen
Chincoteague, Virginia
"How many calories are in this?"

Roberta B. Allen
Accomac, Virginia
"I need a strong cup of coffee"

Sue Ellen Bowden
Chincoteague, Virginia
"Hey Bud"

Connie C. Burford
Parksley, Virginia
"This may sound stupid, but . . ."

Charles A. Collins
Nassawadox, Virginia
"Can I wear my gloves?"

Helen Francis Cropper
Chincoteague,Virginia
"Omigosh"

Kathy W. Davis
Willis Wharf, Virginia
"But I don't have any money"

Linda Sue Upshur Giddens
Exmore, Virginia
"What are ya'll laughing at?"

Jane Miles Gillespie
Mappsville, Virginia
"Oh, STOP! . . . Please"

Linda Marie Jarvis
Exmore, Virginia
"Be brave little Buckaroo"

Beverly G. Jester
Chincoteague, Virginia
"I gotta get outta here"

Beverly L. Mancuso
Machipongo, Virginia
"Time for a break!"

Dottie Yeaman Mears
Onley, Virginia
"Where's the beef?"

Lynn Reiss
Mears, Virginia
"You want me to move my car?"

Lisa Karyl Richardson
Nassawadox, Virginia
"Where are we going this afternoon?"

Isaac Rosensweig
Fallston, Maryland
"I'm coming Beany Boy!"

Ruby Ann Smith
Parksley, Virginia
"Cabbage Patch Kid"

Mary Stasio
Chincoteague, Virginia
"I'm too old for this!"

Susan Stinson
Onancock, Virginia
"I'd rather be dipped!"

Pamela Walker
Eastville, Virginia
"Going to the Trawler tonight?"

Kimberly B. Ward
Wardtown, Virginia
"Guess what my cat did?"

Working on the yearbook . . .
. . . AGAIN!

Up where we belong!

# CLASS OFFICERS

L-R Isaac Rosensweig, Treasurer; Helen Cropper, President; Mary Stasio, Secretary; Kathy Davis, Vice President; Lisa Richardson, Historian.

# YEARBOOK STAFF

L-R Jane Gillespie, Ads; Pam Walker, Editor; Bev Mancuso, Co-Editor; Linda Jarvis, Typist; Sue Bowden, Photographer; Dottie Mears, Layout; Bobbie Allen, Artist; Bev Jester, Business.

Fashion is the key to success.

Mutt and Jeff

Jane, working at the bazaar.

This isn't a gift for me, this is a gift for Tommy.

Selling our baked goods at the bazaar.

Just one more piece!

Party time at convention!

Gathering to eat our Christmas Dinner.

"Why shouldn't I have the keys?" "I'm glad you've got your keys, Mrs. Reiss!"

Mr. Collins, now we know why your hands are so soft.

Cheers!

I'll be ready for **this** impaction check!

You know what I'd like to do with these books?

Look at what Jane Russell's 18-hour bra can do for you!

You can get hurt with this thing!

Bev's massage parlor; we never rub you the wrong way.

Now if I could just get Mrs. Guy to bend over.

Mrs. Ironside

Daydreaming again!

Miracles never cease!

I'm an Ivory girl!

Sorry guys, no moon out tonight.

Not now, I've got a headache.

There's got to be more to life than this.

You never know when work is due around here.

Mrs. Muscles

Super Nurse

Me, a student?

Don't we favor?

Bobbie's hobby

"I will not take or knowingly administer any harmful drug."

If you only knew . . .

Politics makes strange bed fellows.

Bessie B. Olympic Team

But Mrs. Guy, I'm all out of Daisy razors.

I, Bobbie Jo Allen, being of overstressed mind and physically exhausted body, do hereby leave to the class of '85 the ability to survive and my bug collection which I left in room number 2.

I, Roberta Allen, leave my Shore Stop coffee cup for those early hospital mornings.

I, Sue Bowden, being of frazzled mind and pokey body, do leave the following: 1) to Jarvis, the ability to latch on to only one single man; 2) to Cropper, all my patience; 3) to Collins, one good hard punch!; 4) to the upcoming class, the ability to sleep through ⅔ of the school year; and lastly, many thanks to the Instructors and to my Anonymous Friend who made this year all possible.

I, Connie Burford, being of sound mind and body, do hereby leave the following: to Ruby, a tank of gas; to Dottie, an FM radio; and to Mrs. Guy, a bottle of Valium so she can make it thru next year's class.

I, Charles Collins, leave to the class of '85 an abundance of faith, hope, and belief in God. I also would like to leave the ability to accept constructive criticism from the instructors and still remain calm.

I, Helen Cropper, leave the class of '85 the ability to scrape the bottom of the barrel for money and patience; believe me — you need plenty of both!

I, Kathy Davis, leave to next year's married students the ability to keep a home, raise the kids, hold a husband, and survive this course.

I, Linda Upshur Giddens, leave a stack of applications for bank loans, a new car, and a case of 30 W motor oil.

I, Jane Gillespie, leave to next year's class the ability to retain your composure when you realize you have two extra questions requiring 30 answers on your Med-Surg Test that no one else seems to have.

I, Linda Jarvis, will the class of '85 the ability to remember their name, address, and social security number for all the forms that must be filled out and a bank loan to pay for them.

I, Beverly Jester, being of tired mind and body, leave to the future class a lot of **luck** and **patience,** and to Missy, those famous words, **"I told you so!"**

I, Bev Mancuso, being of burned out mind and worn out body, leave to next year's class my season pass to the Trawler and Anchor Motel

I, Dottie Mears, leave to the class of '85 the ability to perform CPR with gum in their mouth and not choke the dummy!

I, Lynn Reiss, leave to the class of '85 the right to choose their own parking space (excluding Mrs. Holland's).

I, Lisa Richardson, being of crazy mind and wasted body, leave a year's supply of ice tokens, a week at Silver Beach, and a charge account at the Mini Market to the class of 1985.

I, Isaac Rosensweig, being of stretched mind and used body, leave to the class of '85 fifty pounds of dead, ugly fat.

I, Ruby Smith, being of warped mind and body, leave my ability to party all week and still make decent grades. I also leave my ability to grin and bear it to future students and the instructors because they will DEFINITELY need it.

I, Mary Stasio, leave the dorm to the younger students.

I, Susan Stinson, leave a year's supply of incontinent pads to who ever needs them.

I, Pam Walker, leave to next year's class my ability to survive — one year of school, one divorce, one very active two-year-old — and still come out with my sanity.

I, Kimberly Ward, leave to the class of '84 my best wishes for a terrific future in nursing; and to the class of '85, good luck struggling through all the colorings, mimeographed sheets, and TESTS coming to you. I also leave you 12 colored pencils sharpened down to nothing, a weak brain, and a strong heart.

The morning after.

I just can't take it!

Lunchtime — I'm gonna get me some Kibbles and Bits.

Never fear, Gliddens is here!

Justa Swinging

Super Cheese!

# CLASS HISTORY

September 18, 1983 — 27 eager students arrived at the School of Nursing, for the most rewarding year of their lives.

The first few weeks proved to be "survival of the fittest". Long evenings of homework hit everyone hard.

Although the homework was hard, getting used to 26 new people was even harder. It took awhile but we became one happy family.

November 31, 1984 — The annual bazaar was a huge success. The class and instructors pulled together on this major event.

Our first pre-clinical evaluations were given in January. This was the start of the true test.

The winter slowly dragged on but Spring finally appeared.

The convention was held May 9-11 at Blacksburg, VA. We again proved to be the "classiest" class there. We toured Woodrow Wilson Rehabilitation Center on the trip home. This made us all feel our job is really worthwhile.

May 14 we started our 2 week stay at Accomack County Nursing Home. All of us at the end left with 2 new grandparents and a few tears.

We practiced our injections in June with brave arms.

Finally August arrived. We enjoyed an evening at Spinnaker's where everyone could let their hair down.

August 29, 1984 — finally graduation awaited us. We never realized how long a year could be but also how many memories and true friends you can pack into one either.

Now we await October 24, 1984 — State Board Exam. This will put a cap on a long working year.

Congratulations and Good Luck Class of '84.

Lisa Richardson, Class Historian

# GRADUATING CLASS OF 1984

L-R (Back) Isaac Rosensweig, Charles Collins, Dottie Mears, Helen Cropper, Jane Gillespie, Roberta Allen, Pam Walker, Mary Stasio, Susan Stinson, Kimberly Ward. L-R (Front) Bobbie Jo Allen, Ruby Smith, Kathy Davis, Connie Burford, Linda Giddens, Sue Bowden, Lisa Richardson, Linda Jarvis, Beverly Mancuso, Beverly Jester, Lynn Reiss.

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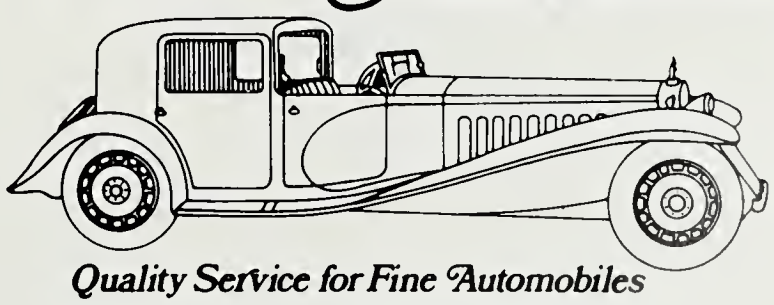

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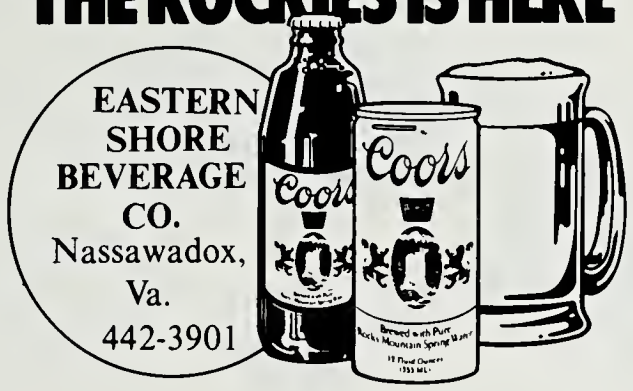


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